Reader's Pro-Liturgy Typica Service (Obednitsa) for Sunday

If we cannot make it to church for Divine Liturgy, we read this service in place of the Divine Liturgy at home. Those praying should gather in a clean, dedicated area (the icon corner, or dining room with a white cloth over the table), light a lamp or candle, venerate the Gospel (or Bible,) Cross, and icons of our Lord and his Mother, and begin the prayers thus:

Presiding Reader (often the head of the household): Through the prayers of our holy fathers, O Lord Jesus Christ our God, have mercy on us and save us.

Reader: Amen.

Glory to Thee, our God, glory to Thee.

O Heavenly King, the Comforter, the Spirit of Truth,
who art everywhere present and fillest all things;
Treasury of Blessings, and Giver of Life;
come and abide in us, and cleanse us from every impurity,
and save our souls, O Good One.

Holy God, Holy Mighty, Holy Immortal, have mercy on us. ***(Thrice)***

Glory to the Father, and to the Son, and to the Holy Spirit;
now and ever, and unto ages of ages. Amen.

O Most Holy Trinity, have mercy on us.
O Lord, cleanse us from our sins.
O Master, pardon our transgressions.
O Holy One, visit and heal our infirmities, for Thy name's sake.

Lord, have mercy. ***(Thrice)***

Glory to the Father, and to the Son, and to the Holy Spirit;
now and ever, and unto ages of ages. Amen.

Our Father, who art in heaven,
hallowed be Thy name.
Thy Kingdom come.
Thy will be done, on earth as it is in heaven.
Give us this day our daily bread;
and forgive us our trespasses, as we forgive those who trespass against us;
and lead us not into temptation,
but deliver us from the evil one.

Presiding Reader: Through the prayers of our holy fathers, O Lord Jesus Christ our God, have mercy on us and save us.

Reader: Amen.

Lord, have mercy. ***(Twelve times)***

Glory to the Father, and to the Son, and to the Holy Spirit;
now and ever, and unto ages of ages. Amen.

O come, let us worship God our King.
O come, let us worship and fall down before Christ, our King and our God.
O come, let us worship and fall down before Christ Himself,
our King and our God.

First Typical Antiphon:
Psalm 102 [103]

Bless the Lord, O my soul;
and all that is within me, bless his holy name,
Bless the Lord, O my soul,
and forget not all his benefits:
Who forgiveth all thine iniquities;
who healeth all thy diseases;
Who redeemeth thy life from corruption;
who crowneth thee with steadfast love and mercy;
Who satisfieth thy desire with good things;
so that thy youth is renewed like the eagle's.
The Lord executeth mercy,
and judgement for all that are oppressed.
He made known his ways unto Moses,
his acts unto the children of Israel.
The Lord is compassionate and merciful;
long suffering and plenteous in mercy.
He will not always chide;
neither will he keep his anger for ever.
He hath not dealt with us according to our sins;
nor rewarded us according to our iniquities.
For as the heaven is high above the earth,
so great is his mercy toward them that fear him.
As far as the east is from the west,
so far hath he removed our transgressions from us.
Like as a father hath compassion on his children,
so hath the Lord compassion on them that fear him.
For he knoweth our frame;
he remembereth that we are dust.
As for man, his days are as grass;
as a flower of the field, so shall he flourish.
For the wind passes over it, and it is gone;
and the place thereof shall know it no more.

But the mercy of the Lord is from everlasting to everlasting
upon them that fear him,
And his righteousness unto children's children;
to such as keep his covenant,
and remember his commandments to do them.
The Lord hath prepared his throne in the heavens;
and his kingdom ruleth over all.
Bless the Lord, all ye his angels, mighty in strength,
that do his commandments,
hearkening unto the voice of his word.
Bless the Lord, all ye his hosts;
ye ministers of his, that do his will.
Bless the Lord, all his works,
in every place of his dominion;
bless the Lord, O my soul.

Second Typical Antiphon:
Psalm 145 [146]

Glory to the Father, and to the Son, and to the Holy Spirit.

Praise the Lord, O my soul,
while I live will I praise the Lord;
I will sing praises unto my God
while I have any being.
Put not your trust in princes, nor in the sons of men,
in whom there is no salvation.
His breath shall go forth,
and he shall return unto his earth;
in that very day all his thoughts shall perish.
Blessed is he that has the God of Jacob for his help,
whose hope is in the Lord his God:
Who made heaven and earth,
the sea, and all that is therein.
Who keepeth truth for ever;
who executeth justice for the oppressed;
who giveth food to the hungry.
The Lord looses the prisoners;
the Lord openeth the eyes of the blind:
the Lord lifts up them that are cast down;
the Lord loves the righteous.
The Lord preserves the strangers,
he will relieve the fatherless and widow;
but the way of the wicked will he destroy.

The Lord will reign for ever,
thy God, O Zion, unto all generations.

St. Justinian's Hymn of the Incarnation:
'Only-Begotten Son'

Now and ever, and unto ages of ages. Amen.

Only-begotten Son and Immortal Word of God,
who for our salvation didst will to be incarnate
of the holy Theotokos and ever-virgin Mary,
who without change didst become man and wast crucified,
O Christ our God, trampling down death by death,
who art one of the Holy Trinity, glorified with the Father and the Holy Spirit,
save us.

Third Typical Antiphon
the Beatitudes

In Thy Kingdom, remember us, O Lord;
when Thou comest in Thy kingdom.
Blessèd are the poor in spirit;
for theirs is the kingdom of heaven.
Blessèd are they that mourn;
for they shall be comforted.
Blessèd are the meek;
for they shall inherit the earth.
Blessèd are they that hunger and thirst after righteousness;
for they shall be filled.
Blessèd are the merciful;
for they shall obtain mercy.
Blessèd are the pure in heart;
for they shall see God.
Blessèd are the peacemakers;
for they shall be called the sons of God.
Blessèd are they that are persecuted for righteousness' sake;
for theirs is the kingdom of heaven.
Blessèd are you, when men shall revile you, and persecute you,
and shall say all manner of evil against you falsely, for my sake.
Rejoice and be exceedingly glad;
for great is your reward in heaven.
Glory to the Father, and to the Son, and to the Holy Spirit;
now and ever, and unto ages of ages. Amen.

Troparia

See St. John's (Canonsburg, PA) or the OCA's website for the full order of troparia.

On most Sundays, we use the following verse:

O come, let us worship and fall down before Christ.
O Son of God, who art risen from the dead,
save who sing to thee: Alleluia.

On <u>most</u> Sundays throughout the year,
we begin with the Resurrectional Troparion in the tone of the week:
(see the lectionary wall calendar for the tone)

Tone 1: When the stone had been sealed by the Jews, while the soldiers were guarding Thy most pure body, Thou didst rise on the third day, O Saviour, granting life to the world. The powers of heaven therefore cried to Thee, O Giver of Life: 'Glory to Thy Resurrection, O Christ; glory to Thy Kingdom; glory to Thy dispensation, O Thou who lovest of mankind.'	**Tone 2:** When Thou didst descend to death, O Life Immortal, Thou didst slay hell with the splendor of Thy Godhead; and when from the depths Thou didst raise the dead, all the powers of heaven cried out: 'O Giver of Life, Christ our God, glory to Thee.'
Tone 3: Let the heavens rejoice; let the earth be glad; for the Lord has shown strength with His arm: He has trampled down death by death; He has become the first born of the dead; He has delivered us from the depths of hell, and has granted the world great mercy.	**Tone 4:** When the women disciples of the Lord learned from the angel the joyous message of thy Resurrection, they cast away the ancestral curse and elatedly told the apostles: 'Death is overthrown! Christ God is risen, granting the world great mercy.'
Tone 5: Let us, the faithful, praise and worship the Word, co-eternal with the Father and the Spirit, born for our salvation from the Virgin; for He willed to be lifted up on the Cross in the flesh, to endure death, and to raise the dead by His glorious Resurrection.	**Tone 6:** The angelic powers were at Thy tomb; the guards became as dead men. Mary stood by Thy grave, seeking Thy most pure body. Thou didst capture hell not being tempted by it. Thou didst come to the Virgin, granting life. O Lord, who didst rise from the dead, glory to Thee.
Tone 7: By Thy Cross Thou didst destroy death, to the thief Thou didst open Paradise, for the Myrrhbearers Thou didst change weeping into joy, and Thou didst command Thy disciples, O Christ God, to proclaim that Thou art risen, granting the world great mercy.	**Tone 8:** Thou didst descend from on high, O Merciful One; Thou didst accept the three day burial to free us from our sufferings. O Lord, our Life and Resurrection, glory to Thee.

Glory to the Father, and to the Son, and to the Holy Spirit;
now and ever, and unto ages of ages. Amen.

Then the troparion of the saint of the day.

The Trisagion

(sometimes replaced with 'As Many as Have Been Baptized' or 'Before Thy Cross')

Holy God, Holy Mighty, Holy Immortal, have mercy on us. ***(Thrice)***

Glory to the Father, and to the Son, and to the Holy Spirit;
now and ever, and unto ages of ages. Amen.

Holy Immortal, have mercy on us.

Holy God, Holy Mighty, Holy Immortal, have mercy on us.

See St. John's (Canonsburg, PA), or the OCA website, for order of the following.

The Prokeimenon

Presiding Reader: The Prokeimenon in the ___ Tone:
The reader reads the Prokeimenon, in full.

Reader/People: *Sings/reads the Prokeimenon, in full.*

Presiding Reader: *Reads the Prokeimenon verse.*

Reader/People: *Sings the Prokeimenon, in full.*

Presiding Reader: *Reads the first half of the Prokeimenon.*

Reader/People: *Sings the second half of the Prokeimenon.*

The Epistle

Presiding Reader: The Reading from ___.

Presiding Reader: BRETHREN… (*or:* MY SON… *or:* BELOVED…)

When the reader finishes the Epistle:

The Alleluia

Presiding Reader: The Alleluia in the ___ Tone: Alleluia, Alleluia, Alleluia.

Reader/People: **Alleluia, Alleluia, Alleluia.**

Presiding Reader: *Reads the first Alleluia verse.*

Reader/People: **Alleluia, Alleluia, Alleluia.**

Presiding Reader: *Reads the second Alleluia verse.*

Reader/People: **Alleluia, Alleluia, Alleluia.**

The Gospel

Presiding Reader: The Reading from the Holy Gospel according to [St.] ___.

Reader/People: **Glory to Thee, O Lord, glory to Thee.**

When the Gospel reading is completed,

Reader/People: **Glory to Thee, O Lord, glory to Thee.**

Conclusion of the Third Typical Antiphon

Remember us, O Lord, when Thou comest in Thy kingdom.
Remember us, O Master, when Thou comest in Thy kingdom.
Remember us, O Holy One, when Thou comest in Thy kingdom.

Troparia of the Typica

The heavenly choir sings thy praises, crying:
Holy, Holy, Holy, Lord of Sabaoth, //
heaven and earth are full of thy glory.

℣. Come unto Him, and be enlightened;
and your faces shall not be ashamed.

The heavenly choir sings thy praises, crying:
Holy, Holy, Holy, Lord of Sabaoth, //
heaven and earth are full of thy glory.

℣. Glory to the Father, and to the Son, and to the Holy Spirit;
now and ever and unto ages of ages. Amen.

The choir of holy angels and archangels
with all the powers of heaven sings thy praises, crying:
Holy, Holy, Holy, Lord of Sabaoth,
heaven and earth are full of thy glory.

The Creed (Symbol of the Faith)

With its twelve articles.

1. I believe in one God, the Father Almighty, Maker of Heaven and Earth and of all things visible and invisible.

2. And in one Lord Jesus Christ, the Son of God, the only-begotten, begotten of the Father before all ages. Light of light; true God of true God; begotten, not made; of one essence with the Father, by whom all things were made;

3. Who for us men and for our salvation came down from Heaven, and was incarnate of the Holy Spirit and the Virgin Mary, and became man.

4. And He was crucified for us under Pontius Pilate, and suffered, and was buried.

5. And the third day He arose again, according to the Scriptures,

6. And ascended into Heaven, and sits at the right hand of the Father;

7. And He shall come again with glory to judge the living and the dead; whose Kingdom shall have no end.

8. And in the Holy Spirit, the Lord, the Giver of Life, who proceeds from the Father; who with the Father and the Son together is worshipped and glorified; who spoke by the prophets.

9. In one Holy, Catholic, and Apostolic Church.

10. I acknowledge one baptism for the remission of sins.

11. I look for the resurrection of the dead

12. and the life of the world **[*or:* age]** to come. Amen.

Act of Contrition

Reader: Loose, remit, and pardon, O God, our sins both voluntary and involuntary, in word or in deed, in knowledge or in ignorance, committed by day or by night, of the mind or of the intention: forgive us them all, for Thou art good and lovest mankind.

Our Father: the Lord's Prayer

Reader/People: Our Father, who art in heaven,
hallowed be Thy name.
Thy Kingdom come.
Thy will be done, on earth as it is in heaven.
Give us this day our daily bread;
and forgive us our trespasses, as we forgive those who trespass against us;
and lead us not into temptation,
but deliver us from **[**the**]** evil **[**one**]**.

Presiding Reader: Through the prayers of our holy fathers, O Lord Jesus Christ our God, have mercy on us and save us.

Reader: Amen.

Kontakia

See St. John's (Canonsburg, PA) or the OCA's website for the full order of kontakia.

On <u>most</u> Sundays throughout the year,
we begin with the Resurrectional Kontakion in the tone of the week:
(see the lectionary wall calendar for the tone)

Tone 1: As God, Thou didst rise from the tomb in glory, raising the world with Thyself. Human nature praises Thee as God, for death has vanished; Adam exults, O Master; Eve rejoices, for she is freed from bondage, and cries to Thee: 'Thou art the Giver of Resur*rec*tion to all, O Christ!'	**Tone 2:** Hell became afraid, O almighty Savior, seeing the miracle of Thy Resurrection from the tomb. The dead arose; creation, with Adam, beheld this and rejoiced with Thee, and the world, O my Saviour, praises Thee forever.
Tone 3: On this day Thou didst rise from the tomb, O Merciful One, leading us from the gates of death; on this day Adam exults as Eve rejoices; with the Prophets and Patriarchs they unceasingly praise the divine majesty of Thy power.	**Tone 4:** My Saviour and Redeemer rose from the tomb as God and delivered the earth-born from their chains. He has shattered the gates of hell, and as Master, He has risen on the third day.
Tone 5: Thou didst descend into hell, O my Savior, shattering its gates as Almighty, resurrecting the dead as Creator, and destroying the sting of death. Thou hast delivered Adam from the curse, O Lover of man, and we cry to Thee: O Lord, save us.	**Tone 6:** When Christ God the Giver of Life, raised all of the dead from the valleys of misery with His mighty hand, He bestowed resurrection on the human race. He is the Savior of all, the Resurrection, the Life, and the God of all.

Tone 7: The dominion of death can no longer hold men captive, for Christ descended, shattering and destroying its powers. Hell is bound, while the Prophets rejoice and cry: 'the Saviour has come to those in faith; enter, ye faithful, into the Resurrection.'	**Tone 8:** By rising from the tomb, Thou didst raise the dead and resurrect Adam, Eve exults in Thy Resurrection, and the world celebrates Thy rising from the dead, O greatly Merciful One.

Glory to the Father, and to the Son, and to the Holy Spirit.

Then the kontakion of the saint of the day.

Now and ever, and unto ages of ages. Amen.

On <u>most</u> Sundays throughout the year, the Supplicatory Kontakion of the Theotokos:

Steadfast Protectress of Christians, constant advocate before the Creator, despise not the cries of us sinners, but in thy goodness come speedily to help us who call on thee in faith; hasten to hear our petition and to intercede for us, O Theotokos, for thou dost ever protect those who honor thee.

In Place of Holy Communion

Reader: Lord, have mercy. **(*40 times*)**

O most Holy Trinity, Might one in essence, Kingdom undivided, the Cause of all good, have mercy even on me, a sinner. Confirm and instruct my heart and take away from me every defilement. Enlighten my mind that I may ever glorify, praise, and adore Thee, saying:

One is holy, One is Lord: Jesus Christ, to the glory of God the Father. Amen.

Typica (Monastic) Dismissal

Reader: Blessed be the name of the Lord, henceforth and forevermore. ***(Thrice)***

Glory to the Father, and to the Son, and to the Holy Spirit;
now and ever, and unto ages of ages. Amen.

Psalm 33 [34]

Reader: I will bless the Lord at all times,
His praise shall continually be in my mouth.
My soul shall make its boast in the Lord;
let the meek hear and be glad.
O magnify the Lord with me,
and let us exalt His name together.
I sought the Lord, and He heard me,
and delivered me from all my tribulations.
Come unto Him, and be enlightened;
and your faces shall not be ashamed.

This poor man cried, and the Lord heard him,
and saved him out of all his troubles.
The angel of the Lord will encamp round about them that fear him,
and will deliver them.
O taste and see that the Lord is good;
blessed is the man that hopeth in Him.
O fear the Lord, all ye His saints;
for there is no want to them that fear Him.
Rich men have turned poor and gone hungry;
but they that seek the Lord shall not be deprived of any good thing.
Come ye children, hearken unto me;
I will teach you the fear of the Lord.
What man is there that desires life,
who loves to see good days?
Keep thy tongue from evil,
and thy lips from speaking guile.
Turn away from evil, and do good;
seek peace, and pursue it.
The eyes of the Lord are upon the righteous,
and His ears are open to their prayers.
The face of the Lord is against them that do evil,
to cut off the remembrance of them from the earth.
The righteous cried, and the Lord heard them,
and He delivered them out of all their troubles.
The Lord is nigh unto them that are of a contrite heart;
and He will save the humble of spirit.
Many are the afflictions of the righteous;
but the Lord will deliver him out of them all.
The Lord keeps all their bones;
not one of them shall be broken.
Evil shall slay the wicked;
and they that hate the righteous shall be condemned.
The Lord will redeem the souls of His servants;
and none of them will do wrong that trust in him.

Dismissal

Reader: It is truly meet to bless thee, O Theotokos,
ever-blessed and most pure, and the mother of our God.
More honorable than the Cherubim
and more glorious beyond compare than the Seraphim;
without corruption thou gavest birth to God the Word:
True Theotokos, we magnify thee.

Reader: Glory to the Father, and to the Son, and to the Holy Spirit;
now and ever, and unto ages of ages. Amen.

Lord, have mercy. ***(Thrice)***

O Lord, bless.

Presiding Reader: O Lord Jesus Christ, Son of God, for the sake of the prayers of Thy Most-Pure Mother, of our holy and God-bearing fathers, of ***NN.***, my [our] heavenly patron(s), [of _____, whom we commemorate this day,] and of all the saints, have mercy upon us and save us, for Thou art good and lovest mankind.

Reader/People: Amen.

If desired, for the current health crises, we may add:

O God Almighty, Lord of heaven and earth, and of all creation visible and invisible, in Thine ineffable goodness, look down upon us, Thy people gathered in thy Holy Name. Be our helper and defender in this day of affliction. Thou knowest our weakness. Thou hearest our cry in repentance and contrition of heart. O Lord who lovest mankind, deliver us from the impending threat of the Corona Virus. Send Thine angel to watch over and protect us. Grant health and recovery to those suffering from this virus. Guide the hands of physicians and preserve those who are healthy. Enable us to continue to serve our suffering brothers and sisters in peace that together we may glorify Thy most honorable and majestic name: of the Father and of the Son and of the Holy Spirit, now and ever and unto ages of ages.

℟. Amen.